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Program of Work for Canning Clubs

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Program of Work for Canning Clubs

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Approved by
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and Mechanical College, Co-operating with the States
Relations Service of the U. S. Department
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Program of Work for Canning Clubs

Minimum requirements for canning club: Cultivate one-twentieth acre in fruits and vegetables each year. Conserve fifty quart containers or an equivalent amount of two or more products named in each year's outline. In second and third year, dry at least three pounds of products named in drying work. Study and practice rotation of vegetable crops on plot during each year.

JANUARY, FEBRUARY, MARCH

FIRST YEAR.—References: Department Circular 27, "Garden Instructions to Club Members." Plan for increased production. Select, plow, and fertilize plots. Order canning supplies. Make hot beds. Post record books.

SECOND YEAR.—Continue work as in first year. Plant pimiento seed in hot beds. Plant strawberries on plots. Post record books.

THIRD YEAR.—Continue as in previous years. Plan to increase production. Plant figs, peaches, and other fruits on plots. Plant all vegetables needed in making exhibit products. Cultivate strawberries. Post record books.

FOURTH YEAR.—Continue to increase production and work as in previous years. Increase fruit planting. Post record books.

APRIL, MAY, JUNE

FIRST YEAR.—References: Department Circular 27; Department Circular 40, "Insect Enemies and Diseases of Tomatoes;" Farmers' Bulletin No. 884, "Seed Saving." Continue to give attention to production. Make planting on plots. Cultivate plots. Conserve small fruits and vegetables and market locally surplus spring vegetables. Post record books. Begin to pack exhibit jars. Begin to fight insects and diseases of plants. Attend short course and spring exhibit. Begin seed saving.

SECOND YEAR.—Continue as in first year. Plan for increased conservation of berries for home and market purposes. Transplant vegetables from cold frames to plots. Begin to pack exhibit jars. Attend short course and spring exhibit. Begin seed saving.

THIRD YEAR.—Continue as in previous years. Make vinegar from early fruits. Begin seed saving. Begin to pack exhibit jars.

FOURTH YEAR.—Continue to follow outline for previous years. Pack exhibit jars. Post record books. Attend short course.

JULY, AUGUST, SEPTEMBER

FIRST YEAR.—References: Farmers' Bulletin 1101, "New Fall Vegetables." Conserve summer fruits and vegetables. Attend short courses. Keep plot free from weeds and keep soil loose. Save seeds. Prepare and plant winter crop in garden. Complete packing exhibit jars. Post record books.

SECOND YEAR.—Continue work as in first year. Post record books. Secure new members for next year. Continue seed saving. Complete packing exhibit jars.

THIRD YEAR.—Continue to follow outline for previous years. Make complete exhibit for community and county fairs. Continue seed saving. Post record books.

FOURTH YEAR.—Continue as outlined in previous years. Prepare plots for winter crops. Continue seed saving. Post record books.

OCTOBER, NOVEMBER, DECEMBER

FIRST YEAR.—References: Farmers' Bulletins 709, "Muscadine Grapes," and A-98, "Berry Culture." Attend club rallies. Conserve late fruits. Assemble market products at county warehouse. Hand in record books, and secure new book. Plant cover crops. Make complete exhibit at fairs. Begin new record for next year. Secure promotion card from County Home Demonstration Agent.

SECOND YEAR.—Continue outline for first year. Order ten fruiting and one staminate Thomas muscadine vines and plant on plot. Hand in record book, secure new book, and begin record. Secure promotion card from Home Demonstration Agent.

THIRD YEAR.—Continue as previously outlined. Prune grape vines and save cuttings. Make fruit tree planting. Make complete exhibit at county fair. Hand in record book. Secure new book, and begin record. Secure promotion card from Home Demonstration Agent.

FOURTH YEAR.—Continue as in previous years. Save muscadine products, especially juice and marmalade. Hand in report book. Make complete exhibit at county fair. Increase grape vine and fruit tree planting. Attend club rally, and secure certificate for four years' work.

FIRST YEAR EXHIBIT

Plain Canning in Glass and Tin
Glass Containers—square quart jars

PRODUCTS

String Beans
Tomatoes
Beets

Blackberries
Peaches
Pears

Reference: Farmers' Bulletin 853—A-81.

SECOND YEAR EXHIBIT

By-Products and Drying
Containers 10 oz. jars, Ketchup 8 oz. bottles.

PRODUCTS

Tomato Paste
Tomato Ketchup, 3 bottles
Green Tomato Mincemeat

Soup Mixture
Creole Sauce
Canned Pimientos

Dried Peaches or Pears.

Reference: Farmers' Bulletins, A-81, Circular 3, A-84, and 853.

Green Tomato Mincemeat

8 quarts green tomatoes	2 tb. ground cinnamon
2½ lbs. sugar (brown preferred)	1 t. ground cloves
2 lbs. raisins	2 t. nutmeg
8 tb. butter	4 c. chopped apples
½ cup vinegar	2 tb. salt

Put tomatoes through a food chopper, allow to drain, cover with cold water, place over the fire, and boil 5 minutes. Drain well, add fruit, seasonings and vinegar and allow to simmer for 30 minutes. Add butter, allow to simmer 15 minutes longer. Pack hot and process as preserves.

THIRD YEAR EXHIBIT

Pickles and Drying

Containers 12 oz. jars

PRODUCTS

Green Tomato Pickle
Dixie Relish
Onion Pickle
Chili Sauce
Mustard Pickle

Cucumber Pickle
Dried Corn
Dried Okra
Candied Orange Peel
Crystallized Watermelon
Rind.

Reference: Farmers' Bulletin A-84 and Circular 3.

Chili Sauce

24 ripe tomatoes 2 green sweet peppers
2 red sweet peppers 2 large onions

Scald, peel tomatoes, chop all ingredients, put into an enameled saucepan and add:

4 c. vinegar 2 t. whole allspice
1½ c. brown sugar 2 t. cinnamon
2 tb. salt 2 t. ground ginger
2 t. whole cloves 2 t. nutmeg

Hot pepper may be added if desired.

Bring to a boil, stir frequently, and cook until sauce thickens. The onions will be done in about one hour. Pack into jars while hot and seal.

Cucumber Pickle

Select small cucumbers about 1½ inches long. Put cucumbers into a brine made with 1½ lb. salt to 1 gal. water (use soft water). Cucumbers should be weighted down. Allow to remain in this brine until cucumbers turn an olive green.

When ready for use, weight and freshen cured cucumbers over night in clear cold water. Drop into a lime bath (1 oz. lime, calcium oxide, to 1 gal. water) for two hours. Then plunge into cold water for one hour. Drain well, place in granite pan which has been lined with grape or spinach leaves, cover cucumbers with the leaves, pour over boiling water, allow to stand in leaves until cold, drain and cover with a scalding vinegar solution (1 pt. vinegar to 3 pts. water). Cool quickly and allow to stand 3 hours. Place cucumbers in fresh vinegar bath (2 pts. vinegar to 2 pts. water) and allow to stand overnight.

Make a syrup using 6 c. vinegar solution in which pickles have been standing, 1½ lb. sugar, 1 oz. stick cinnamon, ½ oz. cloves, ½ oz. dried ginger root. Cook for 15 minutes. Pour over cucumbers and al-

low to cool overnight. Next morning drain and boil syrup 10 minutes. Pour over cucumbers and allow to stand 2 hours. Then boil together 10 minutes. Cool in covered pan. Pack and pour over strained spiced syrup.

Candied Orange Peel

1 lb. orange peel

1½ lbs. sugar

2 c. water.

Select bright fruit with a thick peel. Wash carefully. Grate lightly on an ordinary grater to break the oil cells. Cut the peel in quarters, remove the fruit, and weigh the peel. Cut this peel into strips ¼ inch in width. Place into a saucepan of water and for each quart of peel add 3 pints of cold water. Boil 10 minutes and pour off the water. Repeat 3 times. Dry moisture off the peel between folds of cloth, pressing gently.

For each pound of peel add 1½ pounds of sugar and 2 c. water. Bring to a boil and cook until the sugar is dissolved. Add the prepared peel and boil until the syrup is absorbed. Remove at once from the fire and roll the fruit in granulated sugar.

The point at which the product should be finished is determined by rolling a piece of fruit when it has become transparent in granulated sugar. If after a few minutes the fruit stiffens enough to hold its shape it is sufficiently cooked.

Crystalized Watermelon Rind

Cut melon rind into small cubes about ½ inch square. Allow to stand overnight in lime water (1 oz. lime to 2 qt. water). Drain and freshen in cold water two hours. Drop into boiling water and cook ten minutes. Remove moisture by placing piece between towels. Proceed as for orange peel.

FOURTH YEAR EXHIBIT

Preserves, Jelly, Fruit Juices

Containers: preserves 12 oz. jars, jelly 6 oz. glasses, fruit juice 8 oz. bottles.

PRODUCTS

Strawberry Preserves

Strawberry Juice

Fig Preserves

Grape Juice

Gingered Pear Preserves

Blackberry Juice

Peach Preserves

Grape Jelly

Watermelon Rind Preserves

Plum Jelly

Blackberry Jam

Grape Marmalade

Reference: Farmers' Bulletins 853, 1075, and "Successful Canning and Preserving," Ola Powell.

Blackberry Jam

Whole fruit is used in making jam, but the fruit does not remain whole in the preparation of the jam.

For jam the ripe, broken berries will give fine color and flavor, but at the same time about half the quantity should be slightly under ripe. This is necessary to give a jelly-like consistency to the product. Cooking in small quantities also helps to retain color and flavor. Weigh the berries and allow $\frac{3}{4}$ pounds sugar to each pound of fruit. Rapid cooking with constant care is essential.

In stirring the jam use wooden spoon or paddle, moving it across the center of the vessel first one way and then the opposite, being careful not to stir rapidly or beat. Cook the jam to 222 degrees F.; when finished it will give the same test as required from finished jelly; that is, when a little is held a moment cooled in spoon and allowed to drop in a sheet of flake. Pack in jars, sterilize pints at 180 degrees F. or simmering point for 20 minutes as color and flavor are better than when processed at boiling.

Peach Preserves

Peel peaches, cut in halves, and slice halves in $\frac{1}{2}$ strips. To one pound fruit use $\frac{3}{4}$ pound sugar. Make a thin syrup of sugar to one gal. of water. Bring to a boil, cool, add fruit and cook rapidly until fruit is tender and transparent. Lift out fruit, put into shallow pan or dish, pour over syrup, and allow to remain until cold. Pack into jars and process 20 minutes at simmering point.

Do not allow the fruit to discolor before placing in syrup. Keep plenty of syrup over fruit while cooking.

Grape Marmalade

Pulp ripe grapes, discarding the skins. Heat the pulps and juice for about 15 minutes or until the pulps can be run easily through a sieve to remove the seed. Measure, and for each 6 cups pulp add 4 cups sugar and $\frac{1}{8}$ t. cream of tartar. Cook in a shallow pan over a quick fire until pulp gives a jelly-like appearance. Pack in sterilized jars, and process at simmering point for 20 minutes in pint jars.

ABBREVIATIONS—"c"—cup, "t"—teaspoon, "tb" tablespoon.